

Sushi Rolling



Video Tutorial

Skills Canada Alberta is a provincial non-profit organization that actively promotes careers in skilled trades and technologies to Alberta youth. We do this through unique hands on programming, which includes in-the classroom resources and the Provincial Skills Canada Competition.



What's Included

- 10 Sushi Mats
- 1kg Sushi Rice
- Nori Sheets
- Sushi Seasoning
- Soy Sauce
- Sushi Ginger
- Wasabi
- Chopsticks

What You Will Need

- Filling: Salmon, Cucumber, Avocado etc.
- Japanese Mayo (optional)
- Knife
- Serving Platter

Tag us in your projects! **#ABisSkilled**

HOLD UP!

Before you start, wash your hands with soap and water and ensure your work station is clean and tidy. Lay out all ingredients ready to cook!

Let's Get to Work!



Rinse the rice to remove starch and cook (1 cup rice: 1.2 cups water)



Season the rice with the sushi seasoning (1 cup rice: 1 tbsp. seasoning)



Prepare the nori and add rice, leaving a gap around the edges



Add any additional filling of your choice. E.g. smoked salmon, cucumber, avocado



Roll the sushi using the sushi mat



Cut, assemble and enjoy your sushi rolls!

Did you rock these skills? Talk to your teacher to learn more about how you can showcase your skills at Skills Canada Alberta, alongside other students from across the Province!

SKILLED TRADE: CULINARY ARTS

Kewpie Recipe - Japanese Mayonnaise

INGREDIENTS

- 4 ea. pasturized egg yolks (room temperature)
- 720ml smooth canola oil
- 4 tsp. smooth dijon mustard
- 4 tbsp. rice vinegar
- 1 tsp. dashi powder
- 4 tsp. sugar
- 8 tsp. fresh lemon juice
- 2 tsp kosher salt



METHOD

- In the bowl of a stand mixer on speed 3 mix the egg yolks for approx 30 seconds
- With the mixer running on speed 3 slowly add about 1/3 of the oil. Stop mixer Add the salt, sugar and dashi powder. Turn on again and slowly add another 1/3 of the oil in a steady stream. Do not add too fast or it will break.
- Add vinegar, lemon juice and slowly add the remaining oil just until emulsified. Do not over blend and over heat.
- Taste the mayonnaise and adjust with salt, sugar or lemon juice to taste. Refrigerate.